



**BIOMECHANICAL ANALYSIS OF FOSBURY-  
FLOP TECHNIQUE OF ELITE INDIAN HIGH  
JUMPERS**

**THESIS**

Submitted for the Award of the Degree of

**Doctor of Philosophy**

IN

**PHYSICAL EDUCATION**

By

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Under the Supervision of


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**ALIGARH MUSLIM UNIVERSITY**

**ALIGARH-202002 (INDIA)**

**2012**



*IN THE NAME  
OF  
ALLAH  
THE MOST  
BENEFICENT,  
THE MOST MERCIFUL*



*Dedicated*

*To*

*My Grand Parents & Parents  
Who Enlightened Me in Life.*

*Thank You.*



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**DECLARATION**

I hereby declare that the thesis entitled “**Biomechanical analysis of Fosbury-flop technique of elite Indian high jumpers**” embodies the work carried out by me.

**(Asim Khan)**

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